

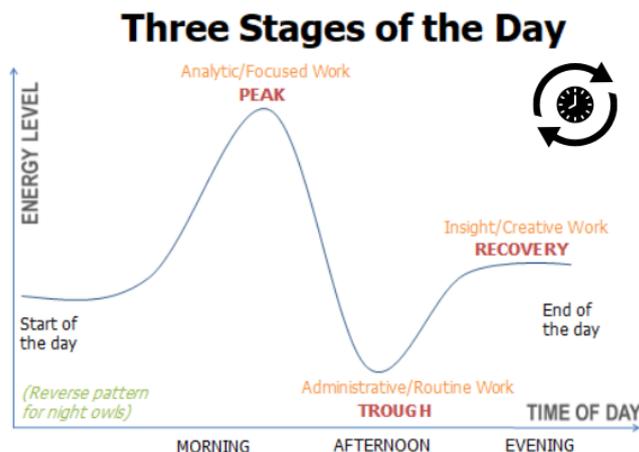
ULTRA ACCESS December Newsletter

The “Winter Power Hours” - the peak productivity time period

The working hours between 8am and (about)12pm / noon stand out as the most important and productive stage of the day for many individuals, even more so during the winter periods, when the cold conditions of the winter mornings cause ones body to naturally work harder to keep its core temperature steady.

This morning stage also aligns with natural physiological rhythms that optimise energy levels, focus, and mental clarity, while minimising stress and distractions. Rooted in circadian biology, these **Winter Power Hours** leverage peak alertness and lower accumulated fatigue, making them ideal for demanding work, like those more manually required.

Human energy levels follow a circadian rhythm, which is an internal 24-hour clock influenced by daylight and hormones. Cortisol, the body's primary alertness hormone, naturally peaks typically around 7-9am - providing a surge of energy and focus, and dips off around / just before 12pm.



By delaying stopping for break-times until approaching the 12pm mark would help - and/as proven by science - to maximise your productivity, giving the body time to relax and replenish ones cortisol levels during break, preferably in a warm environment and with hot food and drink, before heading back out into the cold, for the rest of the shift.

This has been a practice carried out in scaffolding for many many years, where the majority of the heavy lifting would be done before a delayed morning break.

- Lorries need to be manually unloaded? ... do it in the morning.
- Materials need to be bumped / chained up into place? ... do it in the morning.
- Materials need to be walked across the project? ... do it in the morning.

... and so on.

Make it a team effort, as as the old saying goes - many hands make light work, and try to get whatever the more demanding task being done before stopping for the morning break.

A great way to get used to these **Winter Power Hours** is by consistent winter-morning routines of fast (and safe) paced focused work, target driven, which would reduce overall stress and boost sustained energy during this time period, and after a while, it would become second nature. By midday - if planned and executed right, most of the heavy work should have already been done, leaving the scaffolders after a decent rest / break the less physically demanding task of building / dismantling the structure they are working on.